

Meeting Notes 08/30/06

Juniata College
Wellness Committee
August 30, 2006; 2:00pm
vLSC Patterson Seminar Room

Committee Members Present:

Allison Ghaner	Deb Kirchof-Glazier	Joanne Krugh
Cady Kyle	Wanda Lightner	Laura Medvitz
Diane Ross	Gail Ulrich	Beth Williams

The meeting was called to order and the committee was presented with the following agenda:

1. Discuss Old Business
2. Website
3. New Business

The committee discussed the following old business:

1. September Lunch & Learn: An overview for September's Lunch & Learn was discussed. It will be held on September 25th at 11:30 in the Ellis Ballroom and the topic will be opportunities for Wellness at Juniata College.
2. October Lunch & Learn: October's Lunch and Learn will be worked on jointly by the Wellness committee in conjunction with the Health and Wellness Center. The topic of this discussion will be Breast Cancer Awareness.
3. November Lunch & Learn: It was proposed that November's Lunch and Learn topic revolve around Drug Use/Abuse. Possible suggestions were to contact Huntingdon County Drug Task Force and Heather Casner at Mainstream Counseling.
4. CareWise Program: The CareWise program has achieved a 3.3% utilization rate, with an annual goal of 10%. Suggestions were discussed to increase promotion. The program will be discussed as part of September's Lunch and Learn. There is also a plan to post monthly information on the wellness website and have a link to this information from the Daily Announcements.

5. J.C. Blair vs. Juniata College Walking Challenge: Nicole Cook-Monica from J.C. Blair suggested a walk to the courthouse as a finale to the Walking Challenge. At the court house, County Commissioners would greet and recognize the walkers that reached the 100 mile mark. The courthouse walk is tentatively planned for September 13 at 3pm based upon availability of the Commissioners and other organizational members.
6. Health Fair: With have received 18 responses of participants that plan on attending the health fair. As of now, we have a wide range of vendors and physicians. The health fair will also be advertised at September's Lunch and Learn.

The committee discussed the following new business:

1. Deb discussed the possibility of the Wellness Committee and the College being involved in the preconception planning stage of an Integrative Medical facility in the Huntingdon area. In order to make this type of planning possible, members from J.C. Blair Hospital, Juniata College, and the community need to be involved.
2. Beth Williams mentioned that there are a lot of events coming up that could be jointly promoted throughout committees at Juniata. She will have several Interns that will be available to help with various topics such as Great American Smoke Out and Be Kind to Each other week.

The next regularly scheduled meeting will take place on Wednesday, September 27th, 2006 at 2:00pm @ vLSC Rockwell Seminar Room.